

CHU Sainte-Justine

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chusj.org



Going Home After Sedation

Information for parents

When to ask for help

Call 911 immediately if:

- Your child is having problems breathing
- Your child's breathing is shallow, slow or seems different than usual
- Your child's skin looks very blue or grey
- You are not able to wake your child

These problems are rare.

Useful information

Medication name, dose, route of administration, total number of doses:

Date and time sedation was administered:

Current weight of your child:

Name of the nurse or doctor who administered the sedation:

When to call the doctor or nurse

If your child throws up more than twice, call your family doctor or take your child to the nearest Emergency Department. Bring this brochure with you so the doctor or nurse will know the name, time and amount of sedative medication your child received.

If you have non-urgent questions, and would like to speak to a nurse or doctor at CHU Sainte-Justine where your child received the sedation, please call the number below.

Tel: _____

During the following hours: _____

Based on *Going Home After Sedation* by Sandra Parker, The Hospital for Sick Children, Toronto, Ontario and translated by Louise Martineau.

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Your child received sedation while in the hospital. This medication helped your child to relax, calm down or sleep.



Your child will be ready to come home as soon as they are wide awake or back to the state they were in before getting the sedative medication. This may take an hour or two. The information in this brochure will help you take good care of your child when they get home.

What your child may do after sedation

Your child may be unsteady on their feet. If this is the case, don't let them run, walk or crawl on their own. Your child may also feel dizzy or weak and be a little less active for a few hours or even up to a day after sedation.

Keep a close eye on your child, as the effects of sedation may last a full day. Your child may also become cranky, sulky or hyperactive.

For the first 24 hours, an adult should stay with the child at all times, especially if they are doing things that demand more attention, like homework, or activities that require good balance, like running and ball games.

If your child is a teenager, don't let them drive or operate equipment for at least one full day.

What your child can eat or drink

Don't offer your child food until you're sure they are awake. Don't offer too much food; it may cause vomiting. As soon as your child is able to drink water without vomiting, start giving them clear fluids, such as sugar water, apple juice, ginger ale, Popsicles®, Jell-O®, broth or tea. Once your child can drink clear fluids, start giving them what they normally eat, gradually increasing the amount.

If your baby is breastfeeding, start feeding them as soon as they wake up.

If your baby is on formula, give them one or two bottles of clear fluid before switching to formula.

Driving and transporting your child

When you put your child into the car, tilt the seat back slightly to the rear. Your child's head should be held up and slightly back. If their head falls forward, they may have difficulty breathing. Make sure your child's seatbelt is securely fastened for the entire trip from hospital to home.

If your child needs a car seat for travel, it's best to have another adult sit next to them and keep an eye on them.

A child's sleep after sedation

After you leave the hospital, check on your child for the first three to four hours that they sleep. They should open their eyes if you disturb them; but if your child is especially sleepy, it may be a little difficult to wake them up.

Make sure your child is breathing regularly and that their skin is its usual color.

Your child's sleep may be unsettled because they already slept while in the hospital. Your child may fall asleep easily or wake up repeatedly at home.

